

March 2002

Women's History Month

"Women Sustaining the American Spirit"



Metro Praiz News

Attention: All Metro Praiz Members and parents...

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Words of Wisdom:

- Never look down on anybody unless you are going to help them up—Rev. Jesse Jackson
- Common sense is the knack of seeing things as they are, and doing things as they ought to be done.

This one is for you...there has been continual problems with talking and interruptions during rehearsal. To some degree, this has improved. However, we still have members who insist on talking and creating distractions. Miguel has talked about his continually—some members have heard him, other have not.

The METeam has discussed this issue at great length and have assigned Section Leaders, with assistants to monitor and teach their sections as needed. These individuals are an extension of Miguel. The same respect that is given to Miguel must be given to the Section Leaders and their assistants. If a section leader or assistant asks you to be quiet, or can you please put the pictures or whatever you're looking at away, please be respectful and do so. It's time to rehearse, not share pictures and talk. That is the purpose of the 'cool-down' period. Sooner or later, the section leaders/assistants will stop asking members to be quiet. They'll just ask excuse the talkative member from rehearsal. Miguel has given them the power to do so. There will only be so many times the leaders/assistants will ask a member to be quiet.

The ages for this choir range from 15-16 years old and up;

quite frankly members should know better. If members of this choir insist on acting like children, they will be treated as such and no one likes to be talked down to. It's very simple—when Miguel is talking or teaching a part, please be quiet. If there is any discussion to be had, it should be between the section leader/assistants and any member who is trying to learn a part. There is no other reason to be talking.

On page 3 of this issue, you will find an article that outlines the responsibilities of the section leaders/assistants. As stated above, they have the right to execute any rules, guidelines and consequences as they see fit. Pay attention to their responsibilities, read them, understand them, ask questions if you have to, but most of all respect them. When a section leader/assistant talks to a member, there will be no reason to complain—this is your warning!

One final note—any member that is not at rehearsal on a 'consistent basis' is NOT permitted to perform. Of course, unforeseen circumstances can not be predicted, but if you know you are not going to be at any rehearsal, it is YOUR responsibility to notify your section leader or assistant. You can not be missing for 4-5 weeks, then come to the re-

hearsal prior to a performance and expect to sing. Your section leader/assistant should know why you've been absent. It is not fair to the members who come to rehearsal every week and put in all the work.

No one is trying to make your life difficult; Miguel wants you to have fun praising and worshipping the Lord—but we MUST have order. Too much confusion gives the devil an opportunity to interfere with God's ministry. It begins in rehearsal!

—Claudette Smith
Editor
(Written with permission from Miguel Davis)

"For though I am absent from you in body, I am present with you in spirit and delight to see how orderly you are and how firm your faith in Christ is."

—Colossions 2:5, NIV

Message of Inspiration...Pastor Brenda Billings

For if ye forgive men their trespasses, your heavenly father will also forgive you: but if ye forgive not men their trespasses, neither will your father forgive your trespasses
—Matthew 6:14-16

Unforgiveness is one of the strongest bondages in the lives of God's people. It is almost an epidemic. It hides even in the hearts of very religious people. It attacks wives, husbands, children, professionals. It is an equal opportunity problem. It touches the beautiful as well as the unattractive, the rich and poor, the black and white. It is a strong chain not easily broken. It is wrapped around the neck of a person's potential and chokes the wind out of their peace and spirituality. It grows undetected inside—like cancer eating away at the guts of its victim. This epidemic must be vanquished. Matthew 6:14-16 gives us a reason to determine that nothing will hold us in the chains of unforgiveness. EVERY DAY we need to be forgiven by God for our own

mistakes and shortcomings. It will be a shame for us to hinder our own prayers because we are harboring a spirit of unforgiveness towards someone else. I know this process is not always easy—but no one every promised that life would be easy. Some things must be done—not out of ease—but out of NECESSITY. You cannot afford to live without unforgiveness.

Today if you are having difficult in this area, bow your head with me right now and pray this prayer as we seek God's help:

Father, God—I am sorry I have not been able to bring this to you sooner. It has caused me so much pain. I do not want this feeling inside me anymore. God, I thank you that by your grace I am free from it now. I

know I will be challenged and tested in this area, but I know that your grace is sufficient for me. If you could forgive me of all my sins and shortcomings, surely I can forgive others also. Thank you Lord, for forgiving me. Likewise, I CHOOSE to forgive _____ also. In Jesus' Name I thank you. AMEN.

(excerpts from: "I Choose to Forgive" by T. D. Jakes)

Happy Birthday to all members who were 1-year older this month!

Meanest Mother in the World...

I had the meanest mother in the world. While other kids had candy for breakfast, I had to eat cereal, eggs and toast. While other kids had cakes and candy for lunch, I had a sandwich. As you can guess, my dinner was different from other dinners too.

My mother insisted on knowing where we were at all times. You'd think we were on a chain gang or something. She had to know who our friends were and what we were doing.

I am ashamed to admit I, but she actually had the nerve to break the child labor law. That's right, we had WORK to do! We had to wash the dishes, make the beds, and learn how to cook. That woman must

have stayed awake at night thinking up things for us kids to do. And she insisted that we tell the truth, the whole truth, and nothing but the truth.

By the time we were teenagers, she was much wiser and our life become more unbearable. None of this tooting the car horn for us to come running; she embarrassed us to no end by insisting that friends come to the door and get us.

I forgot to mention that most of our friends were allowed to date at the mature age of 12 or 13. But our old fashioned Mother refused to let us date until we were 15. She really raised a bunch of squares. None of us were every arrested for shoplifting or bused for

dope. And whom do we have to thank for this? You're right—our mean mother!

I thank God for giving me the meanest Mother in the World!

Our country doesn't need a good five-cent cigar—it needs more mothers like mine!

Blessings on the wonderful women for eternity!

Give thanks to the women in your life...where would we be without them...



"Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee."

—Exodus 20:12

Section Leaders and Assistants...

This one is for you!

As a section leader, you are an 'extension' of the Director. Miguel has certain responsibilities for the choir, and as section leaders and assistants, so do you. Your responsibilities (per Miguel) follow.

- ⇒ Develop and train all section members
- ⇒ Assist in teaching all parts to section members
- ⇒ Take attendance records and collect dues
- ⇒ Mandate and maintain order in your section
- ⇒ Contact missing members and encourage their return
- ⇒ Identify talent within your section.

You must set the example—you can't talk all the time and expect anyone else to listen to you when you ask them to be quiet!

If you have any difficulty in fulfilling any of these duties, please see Miguel. If members are continually being disruptive, take note of their names and give them to Miguel. What happens next—whether a meeting is called with parents or a member is excused from the choir, is left to Miguel.

He can not see everything so he is relying on you to be his eyes, ears—and voice, in your section.



You are an extension of Miguel and his 'vision' for the

When I Whine

Today, upon a bus,
I saw a girl with golden hair
and wished I was as fair.
When suddenly she rose to leave,
I saw her hobble down the aisle.
She had one leg and wore a crutch.
But as she passed, a smile.

Oh, God, forgive me when I whine.
I have 2 lets, the world is mine.

I stopped to buy some candy.
The ad who sold it had such charm.
I talked with him, he seemed so glad.
If I were late, it'd do no harm.
And as I left, he said to me.,
"I thank you, you've been so kind.
It's nice to talk with folks like you.
You see," he said, "I am blind."

Oh, God, forgive me when I whine.
I have 2 eyes, the world is mine.

Later while walking down the street,
I saw a child with eyes of blue.
He stood and watched the others play.
He did not know what to do.
I stopped a moment and then I said,
"Why don't you join the other, dear?"
He looked ahead without a word.
And then I knew, he couldn't hear.

Oh God, forgive me when I whine.
I have 2 ears, the world is mine.

With feet to take me where I'd go.
With eyes to see the sunset's glow.
With ears to hear what I'd know.
Oh God, forgive me when I whine.
I've been blessed indeed, the world is mine.

We have sooooo much to be thankful for! Rejoice in the Lord for he has given us all that we have—in spite of ourselves!

"Rejoice in the Lord always. I will say it again: Rejoice!"
—Philippians 4:4 (NIV)



Upcoming Performances

As I stated in the last issue—we need to be more mindful of our behavior when we perform. I find it interesting that as soon as we're done singing, everyone has to go to the bathroom—why is that?

March 30, 2002—Divine Hour
Seabrook SDA Church
Please arrive no later than 10 a.m.

REMEMBER ALL DATES ARE SUBJECT TO CHANGE!!



And the winner is...

In the February issue, there was quiz commemorating Black History Month. I received two responses. I sent out two e-mail messages...I still only got two responses...Congratulations to

HAISHA THOMPSON!

"Sing for Jesus and Let the World Feel His Power!"

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Check out the new website!
www.metropraiz.com

"Sing for Jesus and Let the World Feel His Power," is the aim and motto of Metro Praiz. The choir has doubled in its short existence and has merged onto the international scene under the leadership of its current director, Miguel Davis. While the music of the choir incorporates their heritage, they have transcended all cultural boundaries in their earnest search for the voice of God in music.

Enjoy the ministry that walks you into God's promises—Blessed Assurance, through the storm Jesus is a Rock, and into the light of an exuberating experience with God, Your Joy and Your Peace.

Our Director, Miguel Davis has made his personal pledge to

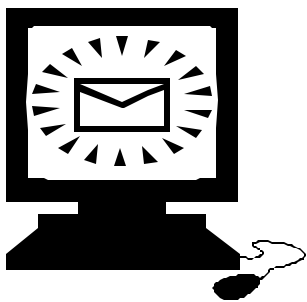
Another Message from our Secretaries...

If there are nay individuals who need help setting up an email account, please see Terri or Cherry. This is the **last call** for all individuals to fill out your personal information form. If you have not filled one out, you are not on Metro Praiz records...We need your cooperation.

Please inform us of any change in email, phone, mailing address, etc. Thank you.

—Cherry and Terry

Secretaries



Need Help Setting up an e-mail account...See Cherry or Terry... Thank you!

What else is happening?

"Psalmm in Psalms and Pious Prose" — CHCSM's 4th Annual Musical Café & Gospel Poetry Slam on March 23, 2002. The fee is \$10 (which includes food). And will be hosted at Community Praise Church Fellowship Hall, 1400 Russell Road, Alexandria, VA from 8-11:30 p.m.

CHCHM is going Whitewater Rafting at Cheat River, Albright, WV, on April 7. Cost: \$54.06. To make payment, call 800.723.8669; reservations are under 'Cassandra Harris'. For more information call or email Cassandra Harris at 301.377.3490 or email rndevo@aol.com.